

RECIPE NAME: Harvest Apple Muffin				File No: WITN-23 Source: <i>Chef Monique Hooker</i>			
Grade Group: K-12				HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 24							
Portion Size: 1 muffin							
Serving Utensil: gloved hand							
Servings Per Pan: 24							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Zucchini, grated Carrots, grated <u>Dry ingredients</u> Sugar Unbleached All Purpose Flour Whole Wheat Flour Baking Powder Baking Soda Nutmeg (or Cinnamon) Salt <u>Wet Ingredients</u> Whole Large Eggs Canola Oil Apple Sauce <u>Apple Bottom</u> Apple Sugar Lemon Juice Whole Wheat Flour Cinnamon		¾ lb ½ lb ½ lb ¼ lb ½ lb ¼ lb 5 lbs	 1 ½ Tbsp 1 Tbsp ¼ tsp ¼ tsp ¼ cup ½ cup ½ cup 2 Tbsp ½ cup 1 tsp	Apple Bottom 1. Peel, core, and slice apples. 2. Mix sugar, lemon juice, flour, and cinnamon in bowl. 3. Add apples, mix well, and set aside. Muffin 4. Preheat oven to 350° F. 5. Drain the grated zucchini and mix with the grated carrots. 6. In large bowl, combine all dry ingredients. 7. In a separate bowl, combine all wet ingredients. 8. Gradually fold the wet ingredients and vegetables into the dry ingredients by alternating the ingredients being added. Batter will appear lumpy. 9. Line muffin pan with paper cups. 10. Using a #8 scoop, place apple mixture at bottom of muffin liner. 11. Top apples with muffin mix to fill muffins 2/3 full. 12. Bake in oven until done, approximately 35 minutes. 13. Remove from oven pan and allow to cool. Muffins can be served warm or at room temperature. Note: Recipe can be done using sheet pans and cut into squares. Muffins also freeze well and can be removed from the freezer the day before service.			
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories: 192	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0.59 g
						1/8 c	Sodium: 289mg
Fruits		3/8 cup					
Grains		1 oz eq.					



Source: Home Grown: Farm to School Recipes – Wisconsin Department of Public Instruction.
 Available at: hdpi.wi.gov/sites/default/files/imce/team-nutrition/pdf/homegrown-f2s-recipes.pdf